April - Lesson Plan Grades K-I

VARY YOUR VEGGIES



Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

Objectives

Learn why it's good to eat artichokes and grape tomatoes.

Learn what artichokes and grape tomatoes look like.

Supplies Needed

April

Pick a **better** snack[™] & **Act** bingo card

Kindergarten – one copy of "The Tomato Song"

1st Grade – "Grape Tomato Math" worksheet

Kindergarten and 1st Grade-Artichoke Coloring Sheet (optional)

Tasting Opportunities

Featured Vegetables: Tomatoes Artichokes

Background

Tomatoes are botanically the fruit of the plant, as are cucumbers and green peppers, but they are classified as vegetables because they taste more like vegetables (less sweet). A Supreme Court ruling in the early 1900's legally declared tomatoes a vegetable.

There are common distinguishing traits between fruits and vegetables, with a few exceptions.

Fruit Traits

- Grows on trees, bushes, or vines
- · One or more seeds inside
- Sweeter than vegetables
- The part we eat is ripened flower
- The parent plant lives on for another season (perennial)

Vegetable Traits

- Comes from smaller plants, not trees
- No seeds
- Not as sweet, more fibrous
- We eat different parts of the plant like its stem (celery), roots (carrots, radish), tubers (potato)
- The parent plant dies after one season (annual)

Grape tomatoes are the red fruit of the tomato plant that is almost like a vine. There are over 4,000 varieties of tomatoes. Grape tomatoes are the newest and smallest variety. A grape tomato is about the size of a grape.

Grape tomatoes may be small, but they are creating a big stir in the world of produce. In 2001, the grape tomato's national volume increased by 142 percent! They are quickly becoming the tomato of choice, preferred for their bite-size and sweet taste.

The grape tomato is a hybrid of Roma, tear-drop, and cherry

tomatoes and its finger-food size makes it an ideal snack.

For optimum flavor, store them at room temperature in indirect sun. Storing in the refrigerator may result in loss of flavor.

Tomatoes can be raw or cooked into soups and sauces, like pizza and spaghetti sauce. Grape tomatoes are great eaten for snacks, in salads and in pasta dishes.

Tomatoes are very red when ripe, both inside and out. We eat the skin of the tomato.

Tomatoes have vitamin C that helps cuts heal and fiber that helps move food through the body.

Artichokes are native to the Mediterranean. They are one of the oldest known foods. Theophrastus was an ancient Greek philosopher. He lived over 2,000 years ago. In his writings, he discussed artichokes being grown in Sicily and Italy.

The perennial plant is in the thistle group of the sunflower family. The plant gets about 6 feet wide and 3-4 feet high. Almost all of the artichokes in the United States are grown in California.

When we eat an artichoke, we are actually eating the plant's flower bud. The plant must grow for one year for the flower to be harvested. Artichokes continue to be picked by hand. The artichoke plant produces artichokes for five to ten years.

Artichokes are strange looking vegetables that are fun to eat. Most people cook the whole artichoke, and pick off each petal, one by one, and slip them though their teeth to scrape off the soft part. When all of the petals have been pulled off, there will be a fuzzy "choke". The fuzzy part is removed to eat the center, called the artichoke heart. Children love the hearts of artichokes because they get to the hearts with their hands.

Artichokes have vitamin C that helps cuts heal and fiber that moves food through the body.

Web Site Resources

www.idph.state.ia.us/pickabettersnack www.fruitsandveggiesmorematters.org www.choosemyplate.gov www.fns.usda.gov/eatsmartplayhard





Do	the	Ac	tivi	ty:
Kin	der	gar	ten	

Teach children the words to "The Tomato Song."

First Grade

Distribute a "Grape Tomato Math" worksheet to each student.

Talk It Over:

Artichokes and grape tomatoes are two of the vegetables featured on the April bingo card.

Who can tell me why it's good to eat artichokes and grape tomatoes? (They are a good source of fiber and vitamin C.)

What color are artichokes? (green)

What do artichokes look like? (They are very unusual looking. They have big, thick petals. It is cooked so the petals are soft and can be scraped off with our teeth.) Show a picture of the artichoke.

What color are grape tomatoes? (red)

What do grape tomatoes look like? (They are oval-shaped and small; about the size of a grape.)

Apply:

How many of you have eaten grape tomatoes?

What are your favorite ways to eat grape tomatoes? (As a snack and on a salad)

What are other ways to eat tomatoes? (Tomato soup, pizza sauce, sliced tomatoes, chopped tomatoes on a taco)

Is a tomato a fruit or a vegetable? (Some people say that tomatoes are a fruit, since the tomatoes develop from the flower of a plant. However, we count them as a vegetable because they are not as sweet as fruit.)

How many of you have eaten artichokes? (They also come canned and sold as artichoke hearts)

What are ways an artichoke can be eaten? (In artichoke dip, in salads, in pastas)







Tasting Opportunity

Have the students wash their hands. Wash the grape tomatoes for the students to sample.

Wash the artichokes. Using a cutting board and sharp knife, cut off the stem and 1 inch off the top of the bud. Trim sharp ends of the leaves with kitchen shears. To microwave: wrap each artichoke in plastic wrap. Place the wrapped artichoke upside down in a 4-cup glass measuring cup or any microwave safe dish. Cook on high power for 4 to 7 minutes for one artichoke. Let stand, still wrapped, for 5 minutes. Tip: Check doneness by piercing bottom of artichoke with a fork. To eat: Begin at the bottom. Remove the leaves one at a time. Dip the fleshy base into a dipping sauce if desired, like low-fat ranch dressing. Holding the leaf-curved side down, place the fleshy base into your mouth and draw it between your teeth. This will scrape off the tender flesh, but leave the fibrous portion of the leaf. Continue with all the petals until you get to the thin, rose-colored petals. The base of these may be cut off and eaten. Next comes the choke that is the fuzzy part. Scrape off all of the fuzz, leaving a flat, round bottom to the artichoke. This is what you have been working for—the "heart" of the artichoke. You can eat every bite of this part. Cut it into pieces and enjoy.

They can then put an "X" through the bingo square of the vegetable that they sampled.

On the back of the Pick a **better** snack[™] & **Act** bingo card for each month, there is information for their parents and grandparents. Encourage students to take the bingo card home and ask their family to pick out a snack and physical activity idea to try.

Extend the Activity



Art, Music & PE Sing a planting song. It is sung to the tune of "This is the Way We Wash Our Clothes."

This is the way we plant the seeds, Plant the seeds, Plant the seeds. This is the way we plant the seeds To help our garden grow.

This is the way the wind does blow,





Wind does blow, wind does blow. This is the way the wind does blow, Early in the morning.

This is the way the rain comes down, Rain comes down, rain comes down. This is the way the rain comes down, Early in the morning.

This is the way the sun shines bright, Sun shines bright, sun shines bright. This is the way the sun shines bright, Early in the morning.

This is the way the seed grows up, Seed grows up, seed grows up. This is the way the seed grows up, Early in the morning.

This is the way we hoe the soil, Hoe the soil, hoe the soil. This is the way we hoe the soil, Early in the morning.

This is the way we pick our beans, Pick our beans, pick our beans. This is the way we pick our beans, Early in the morning

Read <u>Eating the Alphabet</u>: <u>Fruits and Vegetables from A to Z</u> by Lois Ehlert, Harcourt Brace, 1989. Before reading, show a list of the following fruits and vegetables that we have been leaning about since September to the children for them to listen for during the story.

Fruits: apple, avocado, banana, grapefruit, grape, kiwi, mango, orange, pear, pineapple, plum, and tangerine

Vegetables: artichoke, broccoli, cabbage, carrot, cauliflower, celery, cucumber, jicama, pepper, potato, pumpkin, radish, tomato, and zucchini



Language Arts & Reading







Math



Science & Health



Social Studies

Have the students estimate the number of grape tomatoes in a small basket. Write at least three estimates on a white board or chalk board. With the students, count the number of grape tomatoes. Write that number so that all the students can see it. Have the students practice writing that number in the palm of their hand with the index finger of the other hand. Decide which of the estimates was closest to the actual number.

Place seed catalogues in a learning center along with scissors and envelopes. Encourage students to cut out pictures of fruits and vegetables that they have been learning about.

Locate California on a map to indicate where artichokes are grown.

Locate lowa on a map to indicate where tomatoes are grown in the summer.





The Tomato Song

(Tune: Ten Little Indians)

One, two, three red tomatoes,
Four, five, six red tomatoes,
Seven, eight, nine red tomatoes,

Ten red tomatoes growing.

Pick up one, put it in the basket,

Pick up two, put 'em in the salad.

Pick 'em all up, put 'em on the table

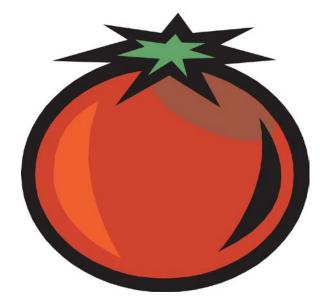
Slice them up for dinner.

Mother likes fresh tomatoes.

Father likes fresh tomatoes.

Brother likes fresh tomatoes.

I like tomatoes too. Don't you?

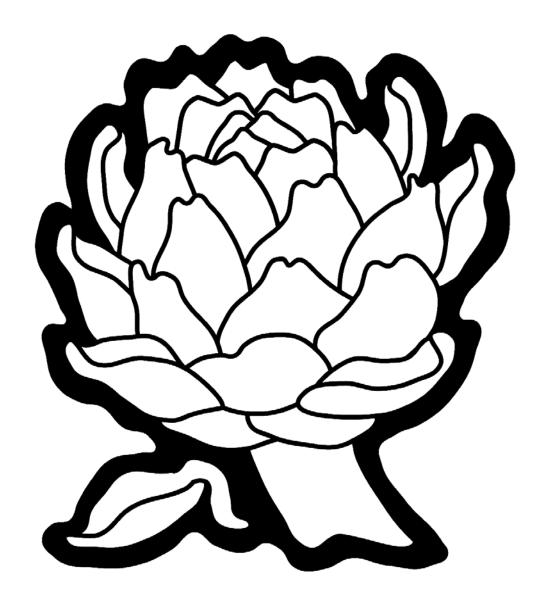








Artichoke



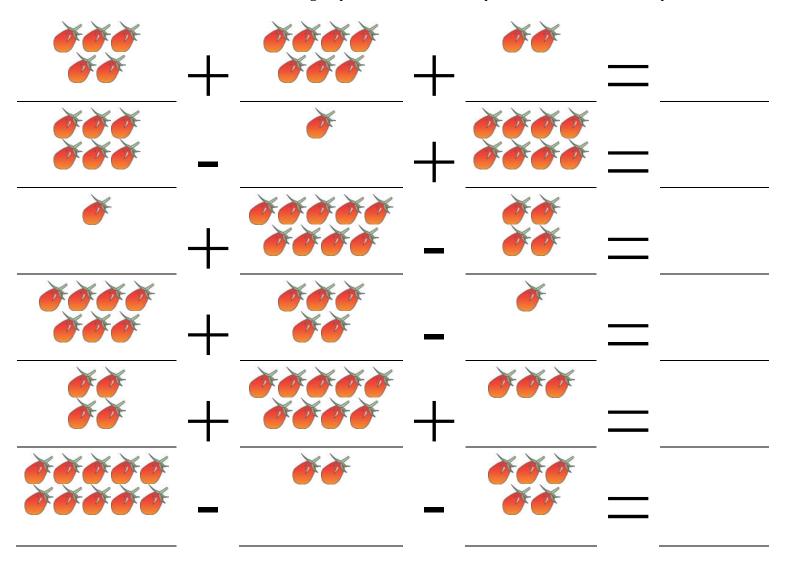






Grape Tomato Math

Write the number of tomatoes in the group on the line under the picture, and then total the equation.



St ory Problems

Six out of 12 students think grapes are red. What fraction of the class thinks grape tomatoes are red?

Three out of 12 students say grape tomatoes are high in vitamin C. What fraction thinks grape tomatoes are high in vitamin C?

There are twelve students in a class. One-third of the class believes vitamin C helps heal wounds. How many students think vitamin C helps heal wounds?



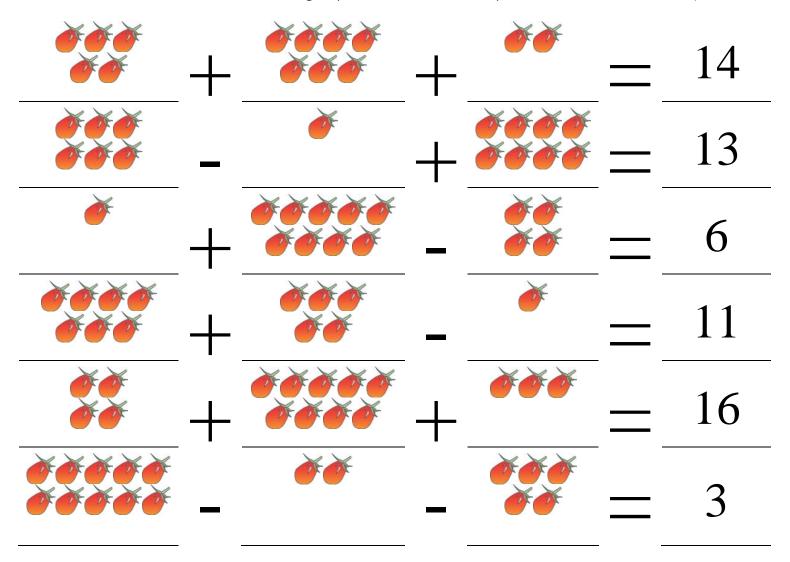




Grape Tomato Math

ANSWER KEY

Write the number of tomatoes in the group on the line under the picture, and then total the equation.



Story Problems

Six out of 12 students think grapes are red. What fraction of the class thinks grape tomatoes are red? (1/2. Explain that grape tomatoes are red.)

Three out of 12 students say grape tomatoes are high in vitamin C. What fraction thinks grape tomatoes are high in vitamin C? (1/4. Explain tomatoes are high in vitamin C.)

There are twelve students in a class. One-third of the class believes vitamin C helps heal wounds. How many students think vitamin C helps heal wounds? (4. Explain vitamin C does help heal wounds.)



